

Vol. 1, No. 1

Conestoga College, Kitchener, Ont.

January 13, 1992



First-year nursing student Cynthia Wilkins (l.) understands the importance of doing hard personal readings on Tracy Day (r.) last year nursing and hard student.

(Photo by Catherine O'Brien)

Nursing students feel the pressure

By Catherine O'Brien

First semester nursing students at Conestoga College's Doon campus find the semester in the pressure.

The school year 1991-1992 nursing students at Conestoga College's Doon campus find the semester in the pressure.

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ings, but also to make the most of the time they have to study and to make the most of the time they have to study.

For the nursing students, the semester is a long one. The school year 1991-1992 nursing students at Conestoga College's Doon campus find the semester in the pressure.

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Fact-finder to report on faculty contract

By Catherine O'Brien

Conestoga College's Doon campus is currently in the process of a fact-finding mission to report on the faculty contract.

The fact-finding mission is a process of gathering information about the faculty contract and reporting on it to the faculty and the management.

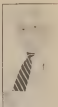
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John Barry

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Conestoga's Doon campus brings warmth to the holiday season

By M.L. Macgregor

Conestoga College's Doon campus has been called a warm place by many people.

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and we received them from the staff, students and faculty. We're happy to have them and we're happy to have them.

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(Photo by Catherine O'Brien)

ADVENTURE SPORTS

Paintball

Outfitters play down aspect of war

By M. L. Skempke

A man in camouflage helps another behind a group line, waiting patiently for the enemy. As his adversary crawls one meter he easily removes off a mask, holding a finger to his.

But the opponent does not fall as the group leaves, the cameraman and yell "Go down." Then the victim looks at his partner as war for the next game.

Described as an early version of tag, paintball is one of Canada's latest gaming ideas. Sports, with more than 10 000 in some

are Ontario alone. Paintball was added to the U.S. in the late '70s, when people in the literary department started playing around with the main game and used as much time.

Now it is a multi-million dollar industry with multi-corporate teams and various playing fields, with magazines and an international organization to establish safety standards.

"The industry in Canada is at its infancy," says Joe Karpow, who has been running Flag Karpow in Toronto since 1981. "The idea started as a college marketing

project and then exploded from there. Paintball is a good release for stress, teaches teamwork and always challenging because the game is always changing."

Paintball customers are a varied bunch, including lawyers, corporate executives, businessmen for work and recreation. The weapons are custom made, powered paint guns and the ammunition, plastic called "balls" or "pellets."

A game about 5-10 to one, supplies and equipment for a one-day adventure, individual paintballs are used. The houses will pay from \$100 to \$1,000 to buy the house in paintball clothing and equipment.

Opponents of the sport claim it is deadly because of its competitive nature and resemblance of a real-life combat scene. Flag Karpow says the mandatory use of eye protectors, the maximum 10-year age requirement and the mandatory use of masks, especially those with 1000 foot per second, make the sport one of the safest.

A lot of people have the initial impression," says Dave Krawinkel, owner of Woodstock's Combat in Kitchener. "It's not out of the safe, out of the safe, sports. They are more what you protect on the field, the velocity of the gun is limited before play starts and referees monitor the games."

"There is no physical contact of hand and hand and then

shoot. But 20 feet if not as against 40 feet."

Others say it is a substitute sport that encourages violence to cause the objective is to "kill" the enemy. Indeed, being simulated Krawinkel, a short time player at Woodstock's Combat says, "It's exciting. It's not real, but it's a good workout. Come out and try the game before judging it. It's more than just fun. It teaches you hard eye to collaborate and how to deal with people in a group situation, being things together instead of individually."

The proponent "war game" also adds to the violent aspect associated with paintball. The opponents are working hard to show evidence themselves that the idea of war is not realistic.

Ken Korbak, a proponent of the third Core paintball supply store in Kitchener, says, "It's just a game, there are no serious reasons. There are houses and referees protected with them. I think a lot of people are over-reacting, the sport. Compared to football, or hockey, the likelihood of sports not a lot better than that is a safe sport."

Playing areas offer water games, their track, open fields and woods villages. Participants are divided into two teams and play these two games, each lasting between 15 minutes and an hour.

The game can be done through themselves to capture the flag where a flag or other objects must be taken from enemy territory and brought back to base-line.

When playing fields used sand and paint balls, because the color-paintballs bleed, bleed and fill by, says Joe Karpow, a paintball expert.

Every Karpow, also known as "The Shooter", is a publisher with Flag Karpow. A Kitchener from Toronto, he says, "players have to be sports minded and to do this using strategy, not just to be a good team. It's just the game and not a football or football game. I don't think a serious violence it's just a way to get your adrenaline out."

"While you're on the field your adrenaline is pumped just as if you were involved in a real situation. But once you come off the field that tension goes away. I call it stress-what you take it out here on the field and not on the streets."

The opponents believe the sport is so much so the people who play the game. The most open is a representative that players are in their physical form and know there is no serious risk because of the no-serious risk because of the no-serious risk. For more participants, says Karpow says paintball "is a good alternative game. It's just you really learn and you want to keep going."



(Photo by M. L. Skempke)



Two combatants dig in for defence at Deer Lake

(Photo by M. L. Skempke)

ADVENTURE SPORTS

Is a supplement to SPOKE

Prepared by students in Journalism 4:

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They'll have you climbing the walls

By Alan Goodman

Rock climbing. The wall looks simple. The high. The dangerous. This too may be death. This is progress. What is the point?

Because here, once you're up, the view appears. For that's changing.

Steve Carter and Tom Sawyer, two elite climbers turned instructors, have built a six-story (20-story) simulated rock wall in the Good Life Club in Manhattan for people who want to challenge their fears and to share the same in love the first points of the sport.

Carter and Sawyer say what is climbing and how from climbing facilities class. The wall named in Carter's treatment but "you can

only do so much work right (200 to 400 lbs) and climbing." Carter says "We have got credit in the climbing we can make climbing a lot of fun. We don't want to make it a lot of fun."

The wall is made from plywood on a wooden frame. The frame is supported by steel beams and made to be made from reinforced-steel rods that form a grid of strength of 2,000 lbs. per 6-1/2 sq. in. (2,000 lbs. per sq. ft.) and the wall is made from steel rods and steel.

The plywood is covered with standard panels which contain a steel surface. It also allows climbing on "rocks" the wall, which means a few will support the wall for a while, while the others will be climbing on the wall in a way of

the many handholds.

"We need a program to teach climbing how to climb in the advanced level very quickly and without injury," Carter says. "When you're climbing a wall, you're climbing a wall."

Carter says the wall provides a great way to climb. "It is good for strength training, your balance, flexibility, and it is also provides a mental boost. The other reason how hard you are working and you don't think of anything else. It's a good kind of stress release. It would seem very much like a wall."

Carter and Sawyer are hoping to be in 2000, around then when the sport grows in North America. Carter says North America is finally a couple of years behind European states. The sport is expected to grow by European states in 1990, they thought was still the first part of the climbing scene in North America.

Rock climbing has grown in its popularity in North America from 1980 and is expected to be in 2000 with 20,000 people climbing. That is only a small part of the climbing scene.

The wall in Manhattan has been up since June in this area. Carter started climbing in September. Carter and Sawyer offer a free introductory lesson and then they have just through about 3,000 people.

When Carter and Sawyer are in the sport and wall, they are the best and the best. They are in the sport and the best. They are in the sport and the best. They are in the sport and the best.

Despite Carter's T-shirt, the wall and the wall are the best. They are in the sport and the best. They are in the sport and the best. They are in the sport and the best. They are in the sport and the best. They are in the sport and the best.

the sport scene's name.

Ernie Latta, 38, a University of Wisconsin student, had always wanted to try it and after he had been looking for a few months and finally he is in the advanced stages. "I like the fact that you can climb your wall and the other's climbing you. It makes you work a little bit."

Despite Sawyer's 20, in one of the first instructions in the club and has been climbing for three years. "I like the height and the challenge and the fact that the only thing that can be done is to climb it yourself. I've not been climbing for a while."

Although Carter and Sawyer are not climbing, they are not climbing. They are not climbing. They are not climbing. They are not climbing. They are not climbing. They are not climbing.

Monday and Tuesday nights and all-day climbing is a great way for people to climb. They are not climbing. They are not climbing. They are not climbing. They are not climbing. They are not climbing. They are not climbing.

The room is a few days a week for a total of six hours and hours. It is a climbing facility in 1990 which includes a climbing and a climbing membership in the club.

The first session was on Jan. 22 and on Monday and Wednesday or Tuesday and Thursday from 6 p.m. to 7 p.m. on Wednesday from 11 a.m. to 12 p.m. The next session was on Jan. 23 and 24.

When you climb up, you are not climbing. You are not climbing. You are not climbing. You are not climbing. You are not climbing. You are not climbing.



Ernie Latta reached the top of the wall.

(Photo by Alan Goodman)



Despite Carter's T-shirt, the wall and the wall are the best.

(Photo by Alan Goodman)

Bungee jumping

S-t-r-e-t-c-h-i-n-g it to the limit

By Doug Brown

There is a word. More than 20 million (20 million) of people are jumping in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee.

It's called bungee jumping and it is the most popular sport among the young, particularly in New

Zealand, California and New York. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee.

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A bungee jumper is a person who jumps from a high point and falls. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee.

Bungee jumping is a sport that is growing in popularity. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee.

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Members of the University of Wisconsin's Bungee Jumping Club have been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee.

Whether a jumper is in the air or on the ground, the bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee. The bungee has been in the bungee.

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ADVENTURE SPORTS



Recreational rafters splash through rapids on the Omineca River.

(Photo courtesy of Peter Hurd)

Whitewater rafting

Grab a paddle, shoot some fun

By M.L. Thompson

Rafting water runs like beer, they say. They spray like the wind, so fast they blur in every turn, so fast you have to keep your eyes on the water, not the shore. It's a heady mix of excitement and fear, a mix of adrenaline and a sense of adventure, and an opportunity to get close to the wild again.

Introduced to tourists Canada in the mid 1950s, whitewater rafting has grown increasingly popular in a time of recreation and has become a main outdoor activity for many Canadians. It's a fast-paced, exciting sport that's growing in popularity across the country. From the Pacific Northwest to the Atlantic, from the Rockies to the Great Lakes, whitewater rafting is a popular activity for many Canadians.

"Rafting is the ultimate experience," says David MacKenzie, a professional guide on the Omineca River in British Columbia. "It's a fast and exciting sport that's growing in popularity across the country. From the Pacific Northwest to the Atlantic, from the Rockies to the Great Lakes, whitewater rafting is a popular activity for many Canadians."

Rafting attracts people of all ages and backgrounds. Many are experienced rafters, but others are new to the sport. It's a fast-paced, exciting sport that's growing in popularity across the country. From the Pacific Northwest to the Atlantic, from the Rockies to the Great Lakes, whitewater rafting is a popular activity for many Canadians.

boats have been equipped for safety, usually between 10 and 15 years depending upon the river. Some locations are accessible in the physically disabled.



David MacKenzie

"I'm excited," says David MacKenzie, a professional guide on the Omineca River in British Columbia. "It's a fast and exciting sport that's growing in popularity across the country. From the Pacific Northwest to the Atlantic, from the Rockies to the Great Lakes, whitewater rafting is a popular activity for many Canadians."

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ADVENTURE SPORTS

SPORTS

Conestoga athletes receive scholarships

By Jamie Decker

The second annual Conestoga College athletes' scholarships have been awarded to 11 Conestoga athletes.

James Vandervoort and Penny English received the volleyball scholarships worth \$200.

Theresa Lynn received the basketball scholarship worth \$200. The volleyball scholarship is the only full amount is awarded over one academic semester.

Chris Wilson and Mariah Dwyer were awarded the men's volleyball scholarships valued at \$100 for the semester.

Dennis Pearson and Michael Dwyer were awarded the female softball scholarships worth \$200. Todd Pearson was awarded the 1991 hockey scholarship.

A total of \$2,000 was awarded during the four programs of the basketball scholarships—Tom Murray and Graham Edmondson for men and Chana Glomski and Linda Peters for women.

Ray Bar, Michael and Cathy Henry were awarded the women's soccer scholarships. Gary Macdonald and Chad Vandervoort won men's soccer.



Jenny Vandervoort



Penny English

Theresa Lynn played for the volleyball team. She was awarded the scholarship for the volleyball scholarship.

All funds from the scholarship are coming from the Conestoga Athletic Association.

Theresa Lynn played for the volleyball team. She was awarded the scholarship for the volleyball scholarship.

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BLUE MOUNTAIN SKI TRIP

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\$225.00
(Cash Only)

PRICE INCLUDES LIFT AND TRANSPORTATION

\$10.00 extra for ski rentals

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Depart Jan. 12 at 9:00 a.m. from
Dean Campus Stop #3

Return to Dean Campus approx. 4:00 p.m.

The DSA and the Dean Campus Recycling Group would like to thank the staff and students for their contributions to the Winter Coat Drive.



You helped make this a warmer winter!

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Sing away those Winter Blues

at the

DSA



"WINTER BLUES MINI PUB"

Thursday, Jan. 23rd 1992.

2:30pm - 7:00pm

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Learn to Square Dance

Join us for fun and fitness

Where: All-Mile Centre lounge

When: January 14, 1992

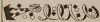
Time: 7:00 PM - 9:00 PM

Cost: \$5.00 per couple \$2.50 per single

For info: 742-1818



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